

Kid-Friendly Recipes

Taste Test

January 2010

Citrus Ambrosia

Ingredients

- 5 Navel oranges
- 5 Ruby Red grapefruit
- 5 Mandarin oranges
- *can substitute two cans of mandarin segments (drained) if fresh not available.
- 100% Orange Juice

Directions

1. Gently wash all fruit and peel.
2. Slice each fruit into quarters.
3. Place one quarter of each variety to each student.
4. Pour ¼ cup of orange juice for each student
5. Taste!

Makes 20 taste tests

*Developed by: Network for a Healthy California -
Merced County Office of Education*

Ingredients

- 1¼ cups low-fat vanilla yogurt
- 2 Ruby Red grapefruit (peeled, seeded and cubed)
- 2 Mandarin oranges (peeled, seeded and cubed)
- 3 Navel oranges (peeled and cubed)
- Grated peel of orange
- 3¾ Tablespoons shredded coconut (optional)

Directions

1. Wash all fruit.
2. Grate half of the peel of one orange. Stir orange peel into yogurt. Set aside.
3. Peel, seed and cube the fruit and place in a bowl.
4. Place ¼ cup of fruit mixture into each cup.
5. Spoon 1 Tablespoon of yogurt mixture over fruit.
6. Sprinkle with coconut. (optional)
7. Taste!

Makes 24 taste tests

*Recipe Adapted From Cycle I
Harvest of the Month Family Newsletter (Oranges)*

Citrus Banana Split

Ingredients

- 5 ripe bananas [sliced lengthwise twice (to make 4 pieces) and in half (to make 8 strips per banana)].
- 5 Ruby Red grapefruit (peeled, seeded and cubed)
- 5 Mandarin oranges (peeled and cubed)
- 5 Navel oranges (peeled and cubed)
- 2½ cups low-fat lemon yogurt (4, 6 oz containers)
- 1¼ cups low-fat granola

Directions

1. Wash all fruit. Peel, seed and cube grapefruit, mandarins and oranges. Set aside.
2. Place 2 strips of banana on each plate (like you would a banana split).
3. Place 1 section of each fruit in between the banana strips (like 3 different scoops of ice cream).
4. Place 2 Tablespoons of yogurt on top of the fruit.
5. Sprinkle with 1 tablespoon of granola
6. Taste!

Makes 20 taste tests

*Recipe Adapted From Cycle I Harvest of the Month Educator Newsletter
(Oranges)*

Citrus Morning Sunrise

Ingredients

- 1 orange (peeled)
- 1 Ruby Red Grapefruit (peeled)
- ½ lemon (juiced)
- 1 cup finely chopped pineapple (frozen)
- 1 banana (peeled and chopped)
- 1 mango (chopped)
- 1 container (6oz.) low-fat plain yogurt
- 1 cup 100% orange juice

Directions

1. Wash all fruit.
2. In a blender, combine orange, grapefruit, lemon juice and orange juice.
3. Add frozen pineapple, banana and mango. Puree until all fruit is blended.
4. Add yogurt and blend until smooth.
5. Taste!

Makes 20 taste tests (¼ cup each)

*Recipe Adapted from:
www.sunkist.com/healthy/redcipes/citrus_morning_sunrise.asp*



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